



## Health Matters Newsletter October 11, 2019

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research- Living Wage for Families
- CAPE's Climate Change Toolkit for Health Professionals
- Cowichan Seniors Community Foundation On Line Auction (attached)
- Cowichan Host Homes Project Seeking Homes
- Seniors Expo Event (Attached)
- Indspire's Building Brighter Futures: Bursaries, Scholarships and Awards

*Fall is a perfect time for the Glenora Trail Head river walk. Here is where you will find my favourite tree.*



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- ✓ **Next Admin Committee Meeting- November 7, 4:30-6:30** CVRD Committee Room 2
  - ✓ **Next Our Cowichan Network Meeting at November 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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#### Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome)**-November 26, 11:00 am to 1:00 pm Location to be determined
  - **Community Action Team (CAT) Meeting** October 24, 9 am-11am **Cowichan Community Centre Board Room**
  - **EPIC-Community Steering Committee** October 24 (Note date change), 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
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## Local Data and or Research- LIVING WAGE FOR FAMILIES CAMPAIGN UPDATE

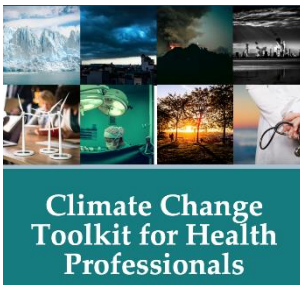


This month the Living Wage for Families Campaign launched a new series of resources about the living wage for various types of employers. [Check out our website](#) to learn about the living wage for local governments, the business case for the living wage, what it means to work in a living wage municipality, the living wage for small businesses, and the living wage for non-profits. If you are a Living Wage Employer, remember that you must recertify by **October 31, 2019** in order to keep your Living Wage Employer designation. Send in your employer commitment form and contact Halena Seiferling,

Living Wage for Families Campaign Organizer, at [halena@livingwageforfamilies.ca](mailto:halena@livingwageforfamilies.ca) if you have any questions.

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## CAPE's Climate Change Toolkit for Health Professionals



**Climate Change Tool Kit** According to the World Health Organization, climate change is the greatest health challenge of the 21<sup>st</sup> century and threatens all aspects of our society. The Intergovernmental Panel on Climate Change says that we must cut climate emissions by 45% by the year 2030 if we want to prevent catastrophic levels of climate change.

The Canadian Association of Physicians for the Environment (CAPE) has created a [Climate Change Toolkit for Health Professionals](#). Module 3 of the [Toolkit](#) notes, “(...) children are more vulnerable than the general population to climate-related risks. They are more susceptible to heat stress as they are less able to regulate their body temperature, more sensitive to the adverse impacts of air pollution, and more vulnerable to extreme weather events because of mobility issues. Young children and infants are more vulnerable to food-borne and water-borne diseases because their immune systems are not fully developed ([Health Canada, 2008](#)).”

CAPE also has a list of [nine actions](#) you can take on climate change to protect human health.

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## Cowichan Youth Host Homes Project- [Help Disseminate Information Broadly!](#)

Do you have room to give?  
Check out Host Homes Cowichan!

Working across the region with community partners this pilot program will match youth & young adults who are close to or are experiencing homelessness with a host family who can support them towards independent living.

We are now recruiting host families!

Please visit [www.hosthomescowichan.ca](http://www.hosthomescowichan.ca) to learn more. (More information attached)

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## Nourish Cowichan High Tea Fundraiser

Tickets have gone up for sale for the Nourish Cowichan High Tea. Please see the link below to purchase your tickets on line, we will not have any available in person this year. These will sell out fast, so if you are interested in attending, please don't delay to purchase today.

Thanks for your continued support for Nourish Cowichan!

Cheers,  
Anita

<https://www.eventbrite.com/e/nourish-cowichans-annual-high-tea-tickets-71211588779?aff=ebdssbdestsearch&utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=cp&utm-term=destsearch>

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## Indspire's Building Brighter Futures: Bursaries, Scholarships and Awards

Indspire [currently has two streams open](#) to provide financial support for First Nations, Inuit and Métis students across Canada. The Bursaries, Scholarships and Awards for Post-Secondary Education stream is available for full time studies in college, university, skilled trades, apprenticeships, and technology programs. The Post-Secondary Education – Skilled Trades stream is available for part-time or full-time certificate or diploma programs (1 month to 4 year programs). Both streams' deadlines are **February 1, August 1, and November 1.**

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### Health Matters Newsletter

**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly newsletter

